



State of Wisconsin  
**Department of Health and Family Services**

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Jim Doyle, Governor  
Helene Nelson, Secretary

Stephanie Marquis, Communications Director  
(608) 266-1683

For Immediate Release

**Flu Shot Recommended for Wisconsinites**

*Vaccine Available to General Public on October 24<sup>th</sup>*

(Madison – October 25, 2005)—The Wisconsin Department of Health and Family Services encourages people to get a flu vaccine to help prevent complications caused by the flu, such as pneumonia or hospitalization. The typical flu season hits Wisconsin each December through March.

The U.S. Centers for Disease Control and Prevention (CDC) has recommended that high risk individuals be vaccinated first, followed by the general public. According to CDC guidelines, October 24<sup>th</sup> is the official date that the vaccine should be available to all groups. Information regarding the tiered system has been distributed to local health departments and health care providers.

To get your flu shot, contact your health care provider, local public health department or tribal health clinic. Vaccine doses are shipped directly to doctors and clinics. According to the CDC, doses have been shipped to Wisconsin and will continue to be sent to health care providers throughout the flu season.

Influenza is a contagious, respiratory disease caused by a virus, but it is different from a cold. Influenza illness ranges from very mild to severe, and in some cases, can cause life-threatening complications. Influenza symptoms come quickly and include:

- Fever
- Headache
- Dry Cough
- Sore throat
- Nasal congestion
- Body aches and/or tiredness

One way to prevent getting the flu is to get an influenza vaccine. Other ways to protect yourself include:

- Wash your hands often with soap and water, or use an alcohol-based waterless hand sanitizer.
- Avoid being exposed to people who are sick with flu-like symptoms.
- Cover your nose and mouth whenever you cough or sneeze.
- Avoid exposing your infant unnecessarily to large crowds.
- Use your own drinking cups and straws.
- Throw away your tissues.
- Frequently clean commonly touched surfaces such as door knobs, refrigerator handle, telephone, or water faucets.
- Do not smoke around children.

If you think you have the flu, stay home, get rest, drink plenty of liquids and avoid using alcohol and tobacco. If your symptoms persist, contact your doctor.

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